

THE DEPARTMENT OF AGRICULTURE, CONSERVATION AND FORESTRY INVITES YOU TO CELEBRATE

Summer in Maine Agriculture

HOW TO SUPPORT LOCAL
FARMS, RECIPES USING
FRESH SUMMER PRODUCE,
KIDS ACTIVITIES & MORE!



BDN

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Morning Sentinel • Kennebec Journal • Sun Journal
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Inside!
Details about
**Open Farm Day
2020!**



STATE OF MAINE
DEPARTMENT OF AGRICULTURE, CONSERVATION & FORESTRY
OFFICE OF THE COMMISSIONER
22 STATE HOUSE STATION
AUGUSTA, MAINE 04333

JANET T. MILLS
GOVERNOR

AMANDA E. BEAL
COMMISSIONER

Dear Supporters of Maine Agriculture:

Our interactions with agriculture will be different this summer than in years past, especially as many cherished fairs and outdoor events have canceled or postponed due to the COVID-19 pandemic. However, because farmers are very skilled at problem-solving and adapting to changes, many farms across Maine are more accessible than ever this growing season. With this year's Open Farm Day to be presented as a virtual event, we encourage you to visit these farms online to get behind the scenes glimpses at their operations and to show your support. For those farms that are open to the public, whether with farm stores or pick-your-own offerings, please remember to check their websites and call ahead to learn of any special instructions before visiting. For more information about Open Farm Day, visit: www.Maine.Gov/DACF/openfarmday.

As everyone knows, the COVID-19 pandemic has exposed the fragility of the nation's food system, while impacting Maine farmers and food producers in numerous ways. Virtually overnight, entire markets disappeared as restaurant, wholesale, and institutional accounts evaporated. Maine farms of all sizes have been hard hit. However, the pandemic has also had the effect of crystalizing Mainers' appreciation for all of our farmers, and people have sought out opportunities to support local agriculture to a remarkable degree. The sense of importance and appreciation for locally produced food has never been higher. This has benefited farms, nurseries, maple producers, and others who have been able to pivot to offering curbside pickups, online pre-orders, or enhancing on-farm stores. Interest in farmers' markets and CSAs have also soared.

In response to this growing demand for Maine-grown food, the Maine Department of Agriculture, Conservation and Forestry (DACF) has worked hard to produce, in collaboration with others, essential guidance and materials that assist farms in safely instituting practices to keep workers and the public safe.

We also greatly appreciate the innovative work of organizations and businesses that have been working to ensure that local food is accessible. For example, praise is well-deserved for the Maine Federation of Farmers' Markets, which worked with its members to redesign markets to ensure safe physical distancing and hygiene procedures while continuing to

deliver fresh and local products from producers to consumers. Also to be commended on this front is Allison Lakin, of East Forty Farm and Lakin's Gorges Cheese, who inspired the Maine Farm and Seafood Products Directory, which now resides on the University of Maine Cooperative Extension (UMCE) website. This map and spreadsheet-powered resource contain "Local Food and Alternative Pick-Up Options" from hundreds of Maine farms. You can access the map at: extension.umaine.edu/agriculture/farm-product-and-pickup-directory.

We are also excited to note that this summer also marks the official launch of Real Maine, our updated agricultural marketing program. Real Maine connects local food lovers with the farmers who grow and raise our food, fiber, and other agricultural products. Real Maine also drives home the value and significance of agriculture as one of Maine's most essential industries. It will broaden awareness and stimulate demand for Maine products. A newly built Real Maine website will go live this summer, providing a powerful platform for consumers to find agricultural products and services throughout the year. In the meantime, you can learn more about Real Maine at: www.getREALMAINE.com.

Please join me in supporting our agricultural producers and other Maine-based businesses, whether virtually or in-person, this summer — and all year round! By doing so, you are helping to sustain our family farms, preserving jobs, and supporting the local food economy. And beyond the COVID-19 pandemic, let's ensure that this support is lasting. Wherever you shop or dine out, please continue demanding products grown by our Maine farmers and producers, as they are critically important to our communities, our state economy, and each of our every day lives. Together, we can build a strong future for Maine agriculture.

Stay well.

Sincerely,

Amanda Beal, Commissioner
Maine Department of Agriculture, Conservation & Forestry

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18 ELKINS LANE
AUGUSTA, MAINE



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*FDA states: No significant difference in milk from cows treated with artificial growth hormone.

Want to Enjoy Maine's Bounty Year-Round?

Learn how you can (pun intended) enjoy Maine's rich heritage of family favorite recipes and preserved foods.

The staff at UMaine Cooperative Extension offer online instructions to help you preserve the harvest—by freezing and canning, focusing on seasonal favorites, and important techniques.

Learn more at their webinar series: extension.umaine.edu/food-health/food-preservation/food-preservation-webinar-resources.

Some Helpful Tips About Canning

Canning is a great way to preserve your harvest and enjoy your produce into the winter months, but it is important to follow proper canning practices to ensure safe food products for you and your family. Be sure to use recommended sources for canning recipes, follow recipe instructions, use the recommended canning methods, lids, and equipment.

How does it work?

Canning preserves food primarily by using heat to destroy the bacteria that cause spoilage. Heat processing forces air out of the jar causing a vacuum to occur. When the jar cools, a seal forms. The processing times and temperatures noted in Cooperative Extension and other approved publications have been set using scientific research. For safe, high-quality home-canned food, it's important that you follow these directions carefully. Altering these directions in any way can result in improperly canned food, which can be dangerous to consume.

How Canning Preserves Food

Fresh foods spoil for a variety of reasons. Microorganisms such as bacteria, molds, and yeasts can cause spoilage. In addition, enzymes naturally found in many foods can cause spoilage. Microorganisms live and multiply quickly on the surfaces of fresh food and inside bruised, damaged food.

Proper canning techniques will stop the growth and activity of microorganisms and can prevent spoilage and quality loss. Use these techniques to ensure safe food canning practices:

- Carefully select and wash fresh food. DO NOT use produce from diseased plants or those that have been frost killed.

- Be sure to use clean potable water to wash fresh fruits and vegetables.
- Prepare canned foods according to Cooperative Extension publications or fact sheets, reputable canning books or other approved canning authority recommendations, including Cooperative Extension and the Ball Blue Book Guide to Preserving, So Easy to Preserve, and/or the USDA Complete Guide to Home Canning.
- Use recommended jars with dome lids and screwbands. Two-piece dome lids with metal screw bands are recommended.
- Lids should be used only once.
- Canning jars with wire bails and rubber seals are no longer recommended. One-piece zinc, porcelain-lined caps, and plastic one-piece lids are also no longer recommended.
- Paraffin wax is no longer recommended.
- Glass canning jars may be used several times as long as they are free of chips and are cleaned thoroughly.
- Process jars in a boiling-water bath or pressure canner according to the instructions for the correct period of time.

For Safety's Sake

Pressure canning is the only canning method recommended for foods that are naturally low in acid, which means the pH of the food is above 4.6, such as meat, poultry, seafood, and vegetables. Clostridium botulinum is a spore-forming bacteria that can cause a foodborne illness called botulism from eating improperly canned foods. The botulinum toxin produced by this bacteria is potent, and according to the Centers for Disease Control and Prevention, botulism is one of the deadliest toxins. Just one small taste of contaminated food with this toxin can cause paralysis or it could be lethal. This bacteria is destroyed in low acid foods when they are processed at the correct time and temperature in pressure canners only.

If you have questions or would like to talk to an expert, contact your local Cooperative Extension office.

Excerpted and adapted from extension.umaine.edu/publications/4078e.

WHY BUY AND ENJOY REAL MAINE PRODUCE?

- **Maine-grown produce is about quality.** Healthy soils. Healthy crops. Committed people growing something you can be proud to enjoy again and again.
- **Maine-grown produce is available year-round.** Eating seasonally means you get what you pay for: a flavorful food that stays fresh longer.
- **There is a wide variety of produce grown in Maine.** Eat the rainbow. Enjoy fruits and veggies for breakfast, lunch and dinner—or as Mainers say, suppah!
- **Maine-grown produce offers variety.** There's something for everyone!
- **Supporting the farmers who grow Maine produce** is vital to maintaining Maine's working landscapes and the families working generation to generation as stewards of our land.

www.getrealmaine.com



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Try these tasty recipes using fresh ingredients you'll find at Maine farms, farm stands and farmers' markets



Roasted Mushroom Omelet

with Fresh Chevre and Scape Pesto

Makes 1 omelet

Ingredients per omelet:

- 2 large fresh eggs (preferably from local pastured chickens)
- 4-6 cultivated mushrooms, at least 2 types (Lions mane, Oyster, Trumpet, shitake)
- 2 Tbsp plain chevre crumbled (goat cheese)
- 1 Tbsp Garlic Scape Pesto (recipe follows)
- 1.5 Tbsp butter
- Sea salt and fresh ground pepper

Clean mushrooms thoroughly to ensure they have no dirt or forest detritus. Tear or chop them into bite size pieces and either roast or sauté until fully cooked. To roast: Toss mushrooms with a pinch of salt and neutral flavored oil or clarified butter, then spread out on baking sheet and roast in 400 degree oven until lightly browned. To sauté: Heat a pan

over medium heat until hot, add mushrooms and wait for the mushrooms to release their moisture before adding a tablespoon or two of butter and a pinch of salt. Sauté until lightly browned. Set aside to use in omelet.

For the Omelet: Crack eggs into small bowl, add a pinch of salt, and whisk until completely combined. Place a 6- to 8-inch pan on medium low heat. Once the pan is fully heated add your butter and melt completely before adding your beaten eggs. Stir immediately with a heat resistant spatula, reduce heat to low and continue stirring until the eggs begin to set. Once the eggs begin to firm up, add the cooked mushrooms, the crumbled Chevre and the scape pesto. Roll your omelet to the front of your pan and allow the filling to heat through while very gently browning the edge of the omelet. Some chefs will add a small bit of butter at this point. Invert your pan to roll the omelet onto a warm plate. Serve with a hearty piece of local sourdough smeared with butter.

Garlic Scape Pesto

Scapes are the immature flowers of garlic. Garlic will begin trying to produce flowers in July for most of Maine. It is prudent to remove the scapes if you hope to have large well-formed heads of garlic. The scapes have a lovely garlic flavor with a pleasing texture that is amenable to many preparations. I prefer to pick my scapes early while they are still tender and young. I adapt this recipe by what I have on hand or an abundance of.

Pesto ingredients:

- 2 cups garlic scapes chopped
- ½ cup aged firm cheese, grated finely
- 1 cup basil, chervil, parsley, or any soft fresh herb, chopped
- ¼ cup fresh squeezed lemon juice
- ½ cup pine nuts, pepitas, or pecans
- Olive oil — as needed

To make the pesto:

In a food processor, combine the scapes, cheese, herbs, nuts, and lemon juice. Blend until fully ground, while the processor is running, drizzle olive oil until you have a soft creamy pesto. It is a matter of preference as to how loose you prefer your pesto. Adjust flavor with more lemon if desired.



Ratatouille Gratin

A lovely French classic that is the essence of summer eating. This recipe is very forgiving and will allow for variation to accommodate different varieties of vegetable and quantities.

Makes one casserole — feeds 3-4 as a light meal or side dish

- 3 zucchinis, 6-8 inches (bigger is not better)
- 3 yellow squash, 6-8 inches (bigger is not better)
- 1 eggplant, 6-8 inches (or a few small eggplants)
- Tomatoes — 3-4 slicers or a couple pints of cherry (paste tomatoes work great here too)
- ½ cup chopped fresh soft herbs (parsley, dill, chives, basil)
- 2 cloves garlic, sliced thinly
- ¼ cup olive oil — and more as needed
- 1 cup hand-torn sourdough breadcrumbs (It's OK for them to be uneven. Toast by sautéing in olive oil or on a sheet pan in the oven.)
- ½ cup semi-hard cheese, grated (any Maine-made tomme, gouda or gruyere would work, or fresh goat cheese is great too)
- Salt and Pepper to taste (be generous with the salt)

Wash and thinly slice the zucchini, squash, and tomatoes. Brush or drizzle olive oil, salt, pepper, garlic and herbs into a casserole pan. Dredge the vegetable slices through the seasoned oil as you alternate the vegetables in rows standing on their sides. Vegetables that are similar in diameter will make the tidiest appearance raw, but even a haphazard arrangement of vegetable slices will still taste fantastic. Once the slices are all layered, top with the grated cheese and pre-toasted bread crumbs. Bake in a 375-degree oven until the vegetables have released their juices and the casserole is bubbling, 45 minutes to 1 hour.

Fruit and Veggie Salad Recipe

Ingredients:

- 2 cups Mixed Greens
- ½ cup Cucumber, cut in quarters
- 1 Cup Fresh Spinach
- ½ cup Blueberries
- ½ cup Strawberries, cut in quarters
- Red Onion, Sliced, add as much or as little as you like

For the Dressing:

- 2 tablespoons Extra Virgin Olive Oil
- 1 tablespoon Lemon Juice
- Salt and Pepper, to taste

Directions:

In a medium bowl add the mixed greens, fresh spinach, cucumber, blueberries, strawberries and onions.
Toss everything together.
In a small bowl, stir the salad dressing ingredients (olive oil, lemon juice, salt and pepper).
Gently toss the salad ingredients with the dressing. Enjoy!

Maine Senior FarmShare Program

The Maine Department of Agriculture, Conservation and Forestry (DACF) receives a grant from the United States Department of Agriculture (USDA) to fund the Maine Senior FarmShare Program (MSFP). This program provides eligible low-income seniors the opportunity to receive first-quality, fresh, local produce at no cost directly from local Maine farmers during the growing season.

Through the Maine Senior FarmShare Program:

Maine farmers provide FRESH, unprocessed, locally grown produce to low-income seniors. Food is distributed DIRECTLY from the farms to the seniors. Each participating senior receives \$50 of produce referred to as a “share” during the growing season. Senior participants also receive information on the nutritional benefits of fresh, nutritious, unprepared foods such as fruits and vegetables.
For more info, contact Program Manager Donna Murray at donna.murray@maine.gov or 207-446-5550.



Margaret Hathaway and Karl Schatz published the Maine Bicentennial Cookbook to celebrate 200 years of statehood, with 200 recipes from across Maine. You can learn more at: www.maine200cookbook.com.

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Acadia Farmers' Market in Town Hill Next to the bank and fire station, Fridays, 3-6, June to Late September

Alan Day Community Market 26 Whitman St, Fridays, 5-8, July through August

Auburn Farmers' Market Across from Festival Plaza, Wednesdays, 4-7, Late June through September

Augusta Farmers' Market at Mill Park Mill Park, 1 Water St and Northern Ave, Tuesdays, 2-6, May to Thanksgiving

Bangor Farmers' Market Abbott Square, Across from Bangor Public Library, Sundays 11-1:30pm, Late April through Late November

Bangor's European Market Sunnyside Greenhouse, 117 Buck St, Saturdays, 8:30-12:30, Year-round

Bar Harbor's Eden Farmers' Market YMCA parking lot, Main St, Sundays, 9-12, Mid-May through October

Bath Farmers' Market Waterfront Park on the Kennebec River, Commercial St, Saturdays, 8:30-12, May-October

Belfast Farmers' Market Waterfall Arts, 256 High St, Fridays, 9-1, April through October

Belgrade Lakes Market Maine Lakes Resource Center, 137 Main St, Sundays, 8-1, Mid-June to Mid-September

Bethel Farmers' Market On the green next to the Norway Savings Bank, 1 Park St, Saturdays, 9-1, Late May through mid-October

Blue Hill Farmers' Market Blue Hill Fairgrounds, Rt. 172, Saturdays, 9:00-11:30, Late May through early October

Boothbay Farmers' Market On the Town Common, 1 Common Drive, Thursdays, 9-12, May to October

Bowdoinham Farmers' Market Mailley Waterfront Park, 6 Main St, Saturdays, 8:30-12:30, May through October

Brewer Farmers' Market Brewer Auditorium parking lot, 318 Wilson Street, Saturdays, 8:30-1, May through October

Bridgton Farmers' Market In front of the Bridgton Community Center, Saturdays, 8-12, May to Thanksgiving

Brooklin Farmers' Market 4 Bay Rd (Rt. 175), Thursdays, 11-1, Late May to Columbus Day

Brooksville Farmers' Market Community Center Parking Lot, Cornfield Hill Rd, Tuesdays, 9:30-12, Late May-September

Brunswick Farmers' Market Temporary location: St John the Baptist Catholic Church, 39 Pleasant Street, Tuesdays, 8-12, May to Thanksgiving

Brunswick-Topsham Land Trust Farmers' Market Temporary location: Brunswick High School, 16 Maquoit Rd, Saturdays, 8:30-12:30, May through October

Bucksport Bay Farmers' Market In the Post Office parking lot, 99 Main St, Thursdays, 12-3, Mid-May through October

Calais Farmers' Market Downtown on the green, Main St, Tuesdays, 11-1, Mid-June to October

Camden Farmers' Market Old Tannery Site, 116 Washington St. (Rt 105), Saturdays, 9-12, May through October

Castine Farmers' Market Town Common, 1 School St, Thursdays, 9-11:30, June to September

Cumberland Farmers' Market Cumberland Town Hall Complex, 290 Tuttle Rd, Saturdays, 10-1, Mid-May through October

Damariscotta Farmers' Market Damariscotta River Association, 109-110 Belvedere Rd, Fridays, 9-12 mid-May through October

Dexter Farmers' Market Simple Graces, 445 Corrina Rd, Saturdays, 12-3, June-October

Dover Cove Farmers' Market Chamber of Commerce parking lot, 1033 South St, Saturdays, 9-1, mid-May through October

Eastport Farmers' Market Beside the Post Office, 7 Washington St, Saturdays, 10-12, Late June through September

Ellsworth Farmers' Market 190 Main St, Saturdays, 9:30-12:30, May through October

Fairfield Farmers' Market Nazarene Church Parking Lot, Wednesdays, 2-6, Mid-May through October

Falmouth Farmers' Market Next to the ice rink, 20 Hat Trick Dr, Wednesdays, 3-6, Mid-May through September

Farmers' Market at Pumpkin Vine Family Farm Red market building, 217 Hewett Rd, Sundays, 11-3, Mid-May through Mid-October

Farmington - Sandy River Farmers' Market Front St, Fridays, 9-12:30, May through October

Farmington Farmers' Market The courthouse parking lot, 129 Main St, Saturdays, 9-12, May through October

Greater Gorham Farmers' Market In the Public Park, 71 South St, Saturdays, 8:30-12:30, May through October

Greenwood Farmers' Market Old Green Wood Town Office, 270 Main St.(Route 26), Fridays, 4-6, Year-round

Hallowell Farmers' Market Steven's School Property, 2 Beech St, Saturdays, 9-1, May through October

Hampden Farmers' Market Town Office Parking Lot, 1 Main Road North, Fridays, 2-5:30, Mid May-mid October

Harrison Farmers' Market Route 117, between Depot St. and Tolman Rd, Fridays, 1-5, Late May to mid-September

Houlton Community Market Market Square, Saturdays, 9-1, Late May through October

Howland Farmers' and Artisans' Market Bridge St, Sundays, 10-2, May-early October

Islesboro Farmers' Market Islesboro Community Center, 103 Pendleton, Wednesdays, 10-12:30, Mid-June-late Aug

Kennebunk Farmers' Market Garden Street Lot, 3 Wells Ct, Saturdays, 8-1, May to mid-November

Kittery Community Market In the Post Office parking lot, 10 Shapleigh Rd, Sundays, 10-2, June to October

Lewiston – Kennedy Park Farmers' Market Kennedy Park, corner of Pine St & Bates St, Tuesdays, 2-5

Lewiston Farmers' Market At Bates Mill 5, Corner of Main and Lincoln Sts.Sun 10-1 Late May to mid-October

Lincoln Farmers' and Artisans' Market Town Square on Main St, Fridays, 10-2, Late June through mid-October

Lubec Market Downtown 55 Water St, Saturdays, 10-12, Memorial Day Weekend through October

Machias Valley Farmers' Market On the dike across from Helen's Restaurant, Fridays, 9-1, mid-May through October

Madawaska Farmers' Market 188 Main Street, Wednesdays, 10-4, May to October

Milbridge Farmers' Market Camden National Bank parking lot, 29 Main St, Saturdays, 9-12 Memorial Day to mid-September

Newport Farmers' Market Her Closet Consignment Boutique, 72 Main St, Sundays, 10-3, May-October

North Berwick Farmers' Market Mill Field, Thursdays, 3-6, June through October

North Haven Farmers' Market The Ball Field, Saturdays, 9:30-11, May through October

Northeast Harbor Farmers' Market On the Green, Harbor Drive, Thursdays, 9-12, Late June to August

Ocean View Grange Farmers' Market 435 Port Clyde Rd, Tuesdays, 9-1, Late May-Mid October

Orono Farmers' Market University Steam Plant parking lot, College Ave, Saturdays, 8-12, May through Thanksgiving

Phillips Farmers' Market and Faire American Legion Post #64, 15 Depot St, Saturdays, 9-1, Memorial Day through September

Pittsfield Farmers' Market Corner of Hathorn Park, 200 Central St, Mondays, 2-6, May through October

Portland Farmers' Market Deering Oaks Park, Saturdays and Wednesdays, 7-1, April through November

Presque Isle Farmers' Market at Riverside Behind Riverside Restaurant, 19 Riverside Drive, Saturdays, 8:30-1 June-October

Rangeley Area Farmers' Market Sandy River Plantation, Tuesdays, 11-2, June through early October

Rockland Farmers' Market In Harbor Park, Public Landing, Park St and Main St, Thursdays, 9-1, May through October

Saco Farmers' Market Saco Valley Shopping Center parking lot, Wednesdays, 7-12, May through October

Sanford Farmers' Market At Central Park across from Town Hall Main St, Saturdays, 8-12, Early May to Columbus Day

Scarborough Farmers' Market In the Town Hall parking lot, 259 U.S. Route 1, Sundays, 9-1, June through October

Skowhegan Farmers' Market Somerset Gristmill (old jail), Court and High St, Saturdays, 9-1, May through October

South Portland Farmers' Market City Hall Parking Lot, 25 Cottage Road, Sundays, 10-2, Early May through October

Southwest Harbor Farmers' Market In the St. John's Church parking lot, Main St, Fridays, 9-1, mid-June to Columbus Day

Steep Falls Farmers' Market Gazebo Park, In Steep Falls Village, 1 Main St. Saturdays, 9-2, May through October

Stonington Farmers' Market Island Community Center parking lot, School St, Fridays, 10-12, Mid-May to mid-October

Union Farmers' Market On the Common, 280 Common Rd, Fridays, 3-6, Early May through September

United Farmers' Market of Maine 18 Spring St. Belfast, Saturdays, 9-2, Year-round

Unity Farmers' Market Unity Community Center 32 School St, Saturdays, 9-1, May to Thanksgiving

Vasssalboro Farmers' Market 934 Main St, Sundays, 10-3, May to late October

Vinalhaven Farmers' Market Downtown Vinalhaven on the corner of East Main Street and Atlantic Ave, Saturdays, 8-12, June through November

Waldoboro Farmers' Market Town Office Lawn, 1600 Atlantic Highway/Route One, Saturdays, 9-12, June through September

Waterboro Farmers' Market The Taylor-Frey-Leavitt House, next to Waterboro Fire Department, 6 Old Alfred Road Mondays, 2-6, May through October

Waterford Farmers' Market On the Common, across from Keyes Pond Rt. 35/37, Mondays, 2-5, June through September

Downtown Waterville Farmers' Market By Two Penny Bridge, Head of Falls, Thursdays, 2-6, mid-April through Thanksgiving

Wells Farmers' Market Bo-Mar Hall Antiques & Collectibles, 1622 Post Road, Wednesdays, 1:30-5, Late May to mid-October

Wilton Farmers' Market 430 Main Street, in McGillicuddy Park, Saturdays, 9-1, June to October

Windham Farmers' Market Back lot of Buck's Barbeque, 4 Turning Leaf Rd, Saturdays, 9-1, late May to October

Winter Harbor Farmers' Market Newman St, Tuesdays, 9-12, Mid-June to Labor Day

Wiscasset Waterfront Farmers' Market 9 Water Street, Wednesdays, 3-6, June through September

Yarmouth Farmers' Market 317 Main Community Music Center, 317 Main St, Thursdays, 3-6, June through October

York Gateway Farmers' Market Greater York Region Chamber Visitor Center, 1 Stone-wall Ln, Saturdays, 9-1, May to October

Provided by the Maine Federation of Farmers' Markets.

Farmers are working hard to keep everyone safe. Help them by following these steps at U-pick fruit, flower, and veggie farms this summer:

1. Get your farm intel before you go!
2. Wear a mask around others.
3. Give each other space!
4. Keep your group as small as possible.
5. Stay home if you feel sick.
6. Follow the farm's rules.
7. Don't eat til you get home.

Logos: REAL MAINE, THE UNIVERSITY OF MAINE Cooperative Extension

KEEP THE PILE SMALL, NOT TALL

Please keep your brush piles at least 50' away from structures.

To speak with a Forest Ranger about preventing wildfires near your home, please call 207-287-4989 or visit www.maineforestservice.gov

For open burning complaints, timber theft or other forestry violations, call 207-827-1800.

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Find us at "Maine Forest Rangers" on Facebook and Twitter.

A Real Maine Experience: *The value of local is here all year*

By Anne Trenholm, from a blog post for Real Maine

Year-round, across rural communities in Maine, the scenery changes, but local farm products remain a staple...

Fall transitions into crystal clear, blue sky days as the chill of winter, along with snow, settles across fields.

With the thaw of spring, the soil appears to push and pull against the competing forces of lengthening daylight and the unique comforts of a Maine winter.

For some of us, the chill of a Maine winter is a time to cozy within blankets, knit scarves and socks from our favorite fiber farm, planning for the lengthening daylight. Others may add on the layers to explore these landscapes.

During these apparent dormant times, a group of people remain vigilant: keen to see that every slope of a snow-covered field or pasture is a haven for the hearty beings who reside on farms, including the people, and animals—both wild and farm.

It's a delicate balance, stewarding these working landscapes. But Maine's farms are up for the task.

The snow is brushed off greenhouses as farmers prepare in February so that many can enjoy Maine products months away.

Flower bulbs and spring veggies are experiencing their own version of cozy as growers plan for the months ahead.

The sap lines are checked again, and Maine's sugarhouses are prepared long before the rush of the Kennebec, Androscoggin and Penobscot rivers find their way to Maine's iconic beaches and lakes.

And at those beaches and lakes, during

a time that warms us all, the scenery has again transformed—with breezes much warmer than a winter chill. The leaves are a bright green on the maple trees. The pastures are dotted with grazing livestock,

and the cultivated fields are part of a seasonal rotation for anything from the beloved potatoes, to delicious vegetables. The orchard blooms are no longer soft petals of spring, but globes of ripening fruit.

Perhaps we're part of these year-round moments, too. Like when shopping for local products at the supermarket or enjoying the bounty

directly from farm stands and markets.

It is very easy to support our farmers.

Perhaps this is because we trust Maine's farmers to be stewards of Maine's natural resources, and take the business of farming seriously by researching the best practices for production, harvesting, and so on. Also, the working landscape is a beautiful reminder of place every season.

While we joke that Maine farmers are outstanding in their fields; the seriousness and certainty is that many are. Their effort provides award winning foods, award winning healthy soils, and ingredients that are the heart of award-winning beverages.

But the greatest award for Maine farms is when we all take a moment, and shop our favorite farm products to enjoy, repeat, and bring along a friend or two.

Maine's farmers are working for you.



Maine Creameries Collaborate to Offer Subscription Cheese Box



The collaboration launched in spring 2020 connects subscribers to delicious, award-winning cheeses from Maine. Maine's licensed creameries have grown over the past decade, and they offer products year-round. They are available at creameries, supermarkets, independent grocers, farm stands and markets—and now: by the box delivered to you!

Maine's creameries make a variety of cheeses—including farmstead, aged and fresh cheeses from cows, goat, sheep and water buffalo—which offer shoppers something to enjoy or gift to others.

This spring, due to a global pandemic, many shoppers were reminded, or became newly curious and aware, that Maine-grown and -produced farm products can offer much value for the price. This is value that includes local flavors from ingredients that support Maine's working landscapes, and reliable connections to community

businesses. The opportunity is ripe to strengthen area distribution of farm products—indeed, the interest builds upon longstanding traditions.

According to the 2017 USDA Agricultural Census data, Maine ranks fifth in the nation for direct market sales, measured in percent of farms. Five percent of Maine farms participate in a community supported agriculture (CSA) arrangement, placing us third nationally, and Maine has three counties in the top 20 nationwide for the number of farms practicing a CSA arrangement.

The effort to connect farmers directly to their customers takes many forms, and will continue to do so in the coming months and years.

Most importantly, Mainers and others should enjoy the bounty of Maine farm products year-round to watch agriculture grow!

What to Expect When Buying Freezer Beef

By Dr. Colt W. Knight, University of Maine Cooperative Extension Livestock Specialist and Assistant Extension Professor

Are you considering buying a quarter, half or whole beef animal? How much meat can you expect? How much freezer space do you need?

Buying locally sourced beef can be an exceptionally rewarding and cost saving measure, but there are a few key points you need to know before purchasing your beef.

Let's start with a few definitions.

- **Live weight** – weight of the animal on the hoof
- **Shrink** – weight animals loose in transportation
- **Dressing percentage** – hot carcass weight/live weight
- **Hot carcass weight** – freshly slaughtered carcass, also known as hanging weight
- **Cold carcass weight** – carcass after cooling
- **Cooler shrink** – weight lost in the cooling process due to water evaporation

The national average live weight for finished cattle ready to go to the processor is 1,350 pounds, and their dressing percentages range from 58-64% depending on several variables. Animals with dairy genetics, like Holsteins or Holstein crosses, dress out 3-5% lower than beef cattle because dairy animals have large bone structure.

Is there a difference between grass-fed and grain-fed beef?

Yes, animals take longer to develop muscle and fat on grass compared to grain-fed cattle. Grain-fed cattle tend to reach slaughter weight at 12-18 months of age, whereas grass-fed cattle are generally 22-30 months old. Grass-fed cattle will dress out 5% lower than grain-fed cattle.

You will need approximately 35-40 square foot of freezer space per pound of beef. Approximately 15 cubic feet of freezer space is needed for a whole beef, 8 cubic feet for ½ a beef, and 4 cubic feet for ¼ beef.

Beef will keep well for 3-4 days in the refrigerator and 6-12 months in the freezer. Ground beef has a shorter storage time.

Questions to Ask When Buying Freezer Meat From the Farmer

Ask your farmer, “How do you price and sell the cuts? How do I select them?” Each farm markets and prices their meat products differently. Some offer freezer meat options—where you can select quarters, sides, and whole amounts. This is different than individually packaged and sold options—you pay for a larger amount and receive it at once.

You will need to know if you're responsible for costs such as packaging, and cutting. You may opt to select the types of cuts you want.

Ask your butcher, “What value-added products can I select? What types of cuts do you offer?” Looking to make DIY jerky? Or use your family's recipes for sausage? The butcher should be able to suggest the best cuts for this, by guiding you to how the areas of the carcass known as primal and sub-primal cuts are prepared.



Youth Livestock & 4-H *Updates*

Penobscot Livestock 4-H Club will continue offering quality animals during the pandemic. Receiving news about local fairs postponing until 2021 has not stopped 4-H kids and their livestock projects. Penobscot Livestock 4-H Club (PL4H) has over 18 members; 14 of them have been working on a steer project since last December. These youth work with their animals daily, taking responsibility for all the needs the cattle have as well as ensuring they are raising steers that will be quality finished for buyers. This year's selling platform will be different as they are typically auctioned off at Bangor State Fair. Fortunately, Maine Beef Producers has offered to help out as well as Casa Cattle Company in Corinna. On **Saturday, August 8**, these kids will get to finish their 4-H projects by holding an auction at Casa Cattle Company's farm with Maine Beef Producers helping to facilitate the auction. For more information about the auction call Corinna at 207-249-2191. There will also be social media updates on the Facebook Pages for Penobscot Livestock 4-H Club, Casa Cattle Company and Maine Beef Producers Association.

Union Fair Youth Market Auction — This year 10 kids from around the state, are raising 20 live lots of market projects for the 7th Annual Union Fair Youth Market Auction. They have been busy raising seven steer projects, nine lamb projects, two batches of meat chickens, and three batches of laying hens. Raising these projects teaches time management, responsibility, marketing skills and so much more.

Navigating through all the changes with fairs being cancelled these kids are looking for buyers for their projects and have been busy marketing their animals. If you would like to connect with any of the youth selling please contact Wendy at weneaton@tidewater.net or 207-785-5770.

The Skowhegan State Fair 2020 Youth Show & Auction is a great way to support youth and their livestock projects! A socially-distanced market animal auction is scheduled for Friday, August 21. Students have been working to grow beef, steers, lamb, hogs and poultry. Obtain current information about this event: call 207-474-2947, email office@skowheganstatefair.com or visit www.skowheganstatefair.com.

Eggs and Entrepreneurship the Heart of Local 4-H Project

Chickswell and Beans is an agricultural startup run by Scout and Summit Woodcock of Livermore, Maine. The sisters built a coop for 75 chickens with help from their parents and oversee the business of getting fresh eggs to local customers.

Says Summit Woodcock, the marketing director of the business, “My sister and I are raising organic chickens for the 4-H Egg Business Project. We have built a large coop with our mom and dad's help. We share the chores of feeding and watering daily. We love learning about our chicks and playing with them!”

Says Scout Woodcock, CFO of the business, “My sister and I started the 4-H Egg Business Project. We will sell organic eggs from our 75 chickens. We have built a coop with a lot of help from our dad. We want to share our 4-H experience with others!”

As the sisters continue their project, their work now includes selling eggs, caring for the hens and applying for seed money, and preparing a blog.

From the Farmers: Sharing the Story of Maine Agriculture

Maine has thousands of farms working to provide quality products across the state, country and even globe. These businesses are located throughout the state, and they offer a variety of products. Each story they share about agriculture is unique. As farmers toured and attended conferences during the Maine Ag Trades Show in January 2020, they shared their stories.

There are more stories to hear—we invite you to find a farmer and learn more about why they farm, and why agriculture matters to Maine!

Portraits by Kelsey Kobik • @KelseyKobik



Elizabeth Ballard
Brigeen Farms • Turner, Maine

“Our farm is a 10th-generation family farm. We have 600 milking cows, and an ice cream business: Canty Cow Creamery. Canty means happy in old English, and our cows are canty. Our farm and creamery are in Turner and is open year round. It’s fantastic scenery complemented by black and white cattle, Boer goats, and great ice cream!”



Ellen Gibson
Steams Hill Farm • West Paris, Maine

“My farm has been in my family since 1792. I am the 8th generation on this farm. But then, who was there before us?”



Peter Abeland "Ed" and Mary Castonguay
Castonguay Ayreshires • Livermore, ME

“Our farm is special because it’s an organic dairy farm!”



Rob Johanson & Jan Goranson
Goranson Farm • Dresden, Maine

Jan: “Our farm is special because of its location on Merrymeeting Bay. The whole neck has such a rich agricultural history. The river was such a thoroughfare before the trains.”

Rob: “Our soil type is less than 2% of Maine’s soil: Allagash Fine Sandy Loam. It’s flat, well-drained, and no stones. Incredibly special.”



John & Ramona Snell
Snell Family Farm • Buxton, Maine

“Our farm business is special because it changes over time.”



Tom Stevenson
Stevenson's Strawberries • Wayne, ME

“Our farm is special because we grow the best stuff! It’s been there for a long time, and I hope it will be for a long time to come. Farming is a feeling: good feelings and bad feelings. The highs are high and the lows are low. If you can do this job, you can do anything.”



John Bunker & Campbell Watts
Super Chilly Farm • Palermo, Maine

“We focus on unusual varieties of apples and challenge our customers to try new things.”



Asli Hassan
Fresh Start Farms • Lisbon, Maine

“I grew up in a refugee camp. It was always my mom’s dream to farm. After we came here, she was able to buy her own land with the help of Cultivating Community. My favorite things to grow are carrots and husk cherries because my kids love to eat them.”



The Greene Family: Alan, Valerie, Zoe, and Loretta
Phillip View Farm, Greene Maple Farm, The Sebago House Dairy • Sebago, Maine

“We are 7 generations of maple sugaring and farming in Sebago. Loretta’s husband, Ted, who just passed in December, was a founding member of Maine Maple Sunday®.”




Tom Roberts
Snakeroot Organic Farm • Pittsfield, Maine

“We’ve been an organic farm since people were saying, ‘Organic? What do you mean by that?’”



Richard Merrow
Birds of a Feather Emu Farm • Farmington, Maine

“My business is special because... It’s emus! I raise poultry on an old dairy in Farmington. I was doing the usual, you know, chicken, turkeys, but they’re all done by the winter. So I was looking for something to fit into that empty winter cycle, and I did some research, and I found emus! They actually breed in the winter, so it fits in perfectly.”



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Open Farm Day • Sunday, July 26, 2020

We invite you to explore Maine farms, meet Maine farmers, and learn about Maine agriculture from the people who live it.

Contact these farms directly by phone, email or social media to purchase farm products and learn about their farm business.

For the most up-to-date list of participating farms go to:
www.maine.gov/dacf/openfarmday

Please note: Many farms will shift to virtual tours this Open Farm Day. They may have limited space for large gatherings, and want to take extra safety precautions so they and their staff stay healthy to grow great food and quality farm products. Here are suggestions for you how you can support participating farmers—and still increase your awareness about Maine agriculture!

- **Call ahead**—learn if there are changes to events, activities, and layouts before you visit.
- **Does the farm offer curbside pickup and pre-ordering at their farm stand?** Are they collaborating with other farmers who offer subscription boxes of foods, gifts, flowers, baking kits featuring Maine ingredients like dried fruit, grains, syrup or honey? Can you select an activity box—such as a felting or weaving, or knitting kits to use Maine fiber products?
- **Follow the farm on social media, and subscribe to their newsletters!** This gives you a year-round connection. You can learn what’s happening season-to-season. When you follow, give them a shout out, sharing what you learned about their products, maybe about animal care, the uniqueness of fiber products from alpacas, rabbits and sheep. Or, perhaps they helped you complete some of the kids activities and trivia! When you do mention them, be sure to tag Real Maine—we want to be sure to thank you for your support!

Androscoggin

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Nezinscot Farm
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Vista of Maine Vineyard & Cidery
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WillowsAwake Winery
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Aroostook

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McElwain's Strawberry Farm
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Underhill Fibers
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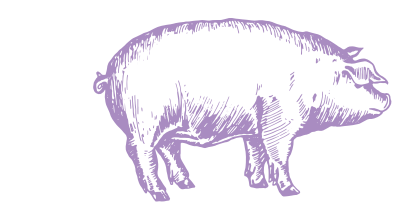
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Town: Gray
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Butting Heads Farm
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Olde Haven Farm
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Winterberry Farm
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Morris Farm

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Odd Alewives Farm Brewery

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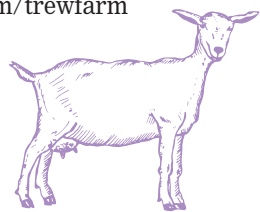
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Spiller Farm

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Town: Kennebunkport

Contact info: 207-468-1344

dgeorgitis@roadrunner.com

www.eweandifarm.com

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There are plenty of ways to enjoy Maine farm products. Some ideas include:

• **Select one of the recipes, create a shopping list, and opt for more farm goods.**

You can select from one of the farms partaking in this promotion to source ingredients—many sell at local grocers, markets, or farm stands. Call ahead to verify.

• **Tune into their YouTube channels**—are they sharing farm news? Do they offer some tidbits of information you can listen to while you spend time with family?

• **Follow Real Maine**—a promotional resource to help tell the story of Maine agriculture—as we share farmer stories and current updates! Learn more at: www.facebook.com/GetRealMaine.

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